

To keep up to date about COVID-19 in San Diego County, please visit <http://www.coronavirus-sd.com>

For additional resources, please visit <https://www.rtfhsd.org/>

Please read the following information:

Although the risk of getting COVID-19 is low, there are many cold or flu infections you can get which can look just like COVID-19 and will make it hard to take care of your daily activities.

Practice activities everyday that can help prevent the spread of germs:

- Do not come in close contact with people who are sick.
- Do not touch your mouth, nose, or eyes
- Cover your coughs and sneezes with a tissue, under the neck of your shirt, or into your elbow.
- Clean your hands as often as possible, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing. When available, use soap and water to wash hands for at least 20 seconds (sing Happy Birthday song twice). If soap and water are not available, use a hand sanitizer that contains at least 60% ethanol.
- If you have symptoms of a cold or flu (such as cough, runny nose, sore throat), wear a face mask when you are around other people.

When working with service providers:

- If you feel like you have a cold or flu, please wear a mask when seeing service providers.
- If you notice a service provider seems to have a cold or flu, ask them to wear a mask before seeing you.
- If you feel like you have a cold or flu, avoid being around other people, including places such as:
 - Public transportation. Try to avoid taking public transportation while sick, but if you need to take public transportation and you feel like you have a cold or flu, please wear a mask if one is available.
 - Libraries
 - Community centers
 - Shopping centers

If you feel you are sick or at risk, please let the member of our team at the entrance know so they can appropriately direct you to the appropriate resource.



SAN DIEGO
**Regional Task Force
on the Homeless**